

## CORoastBeef75

Number of Servings: 75 (117.93 g per serving)

Amount	Measure	Ingredient
19 1/2	lb	Beef, round eye roast, lean, raw, 1/8" trim

### Nutrients per serving

Nutrition Facts	
Serving Size (118g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat --g	
Cholesterol 50mg	17%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 27g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Partially or completely defrost meat before cooking. Trim fat from roasts. In an uncovered roasting pan place on racks in shallow roasting pans, leaving space between the roasts. Do not add water.

Roast at 325 degrees until the meat reaches an internal temperature of 150 degrees F, approximately 2 1/2 hours.

Let roast stand 15-20 minutes before slicing. Cut into 3 oz slices (for choice menus).

Portion into serving pans, adding some water or broth from the roasts. Reheat for service.